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MEDICAL OBSERVATIONS
ON THE FACTITIOUS
GERMAN MINERAL WATERS,
AT BRIGHTON,
ILLUSTRATED WITH CASES;
IN
A LETTER
TO
G. SCHWEITZER, ESQ.
Director of the Establishment,
BY
G. S. JENKS, M.D.

BRIGHTON:

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1840.

JENKS, G.S.

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SIR,

In complying with your request, to know the general result of my experience of the means of cure afforded by the Artificial German Mineral Waters, I do but discharge a debt of gratitude.

After a residence of many years in Rome, my health had been gradually undermined by the *cattiv'aria*. I had fallen into a state of cachexy, from which, notwithstanding the change of climate and the salubrious sea breezes of this place, I did not wholly recover till I had drunk of your healing springs.

Examples of the successful practice of many eminent physicians on the continent and my own experience, had taught me the superior excellence and usefulness of Mineral Waters in the treatment of many chronic diseases ; I was, therefore, agreeably surprised to find an establishment at Brighton for the preparation of the Artificial German Mineral Waters, according to Dr. Struve's scientific and ingenious method. Hitherto I had only known and observed the effects of the natural Springs : I was now about to be acquainted with this far-famed imitation of them. I had heard much in praise of these Artificial Waters, and somewhat, also,

in disparagement of their usefulness. I resolved to take nothing upon trust, but considered myself bound to examine every thing relating to them, with a caution and exactness suited to the importance of the subject.

In prosecuting my inquiries I was greatly indebted to your chemical skill and science, and I gladly avail myself of this opportunity of acknowledging my obligations to you, during the seven years that I have been attentively observing and extensively prescribing these Mineral Waters. At the end of so many years, I readily come forward to give my testimony in favour of your establishment; and happy am I to find that, in despite of some popular errors with regard to the employment of the Waters, and the lingering prejudices of some incredulous but able practitioners, they nevertheless rise more and more every year in public opinion and confidence.

The errors and prejudices alluded to, may be briefly stated as follows:—some persons expect more from Mineral Waters than can rationally be expected from any remedy, and consequently they are administered in cases which are quite inapplicable. Others regard them as wholly inefficient, and impute all the benefit derived to early rising and exercise. Some, again, exclaim

against the absurdity of attempting to cure all diseases by one remedy ; as if any such idle pretension had ever been put forth. Others, that though Mineral Waters fail to do good, they can do no harm ; while a still more common fallacy is, that they are only useful as purgative remedies. A few words in answer to these several objections, may neither be unacceptable nor misplaced.

The first error,—when too much is expected of Mineral Waters, owing to an exaggerated and false estimate of their virtues by undiscerning persons,—may be avoided by consulting any medical man acquainted with their properties. The second scarcely deserves refutation. Early rising and exercise, when practicable, are useful auxiliaries in the employment of remedies of what kind soever, and therefore of Mineral Waters among others ; but the good effects of Mineral Waters, are often as remarkable where early rising and exercise cannot be practised, as where they are the most diligently employed.

The absurdity of supposing that one and the same remedy is hereby proposed for the cure of all diseases, I imagine can be entertained by no enlightened person ; nevertheless, one remedy may indirectly cure many diseases, by exciting the natural conservative efforts of the constitution,

that faculty, called by physicians the *vis medicatrix naturæ*, which presides over the preservation of the individual, which opposes an active resistance to all the objective and subjective causes of disease, and constantly repairs the losses sustained. But, in the instance before us, the Mineral Waters do not constitute a single remedy but several, each having its appropriate qualities and particular application. Each Mineral Water, again, is made up of numerous constituents ; and since, so long as the essential nature of diseases is occult or unknown, the *modus operandi* of remedies must remain so likewise, we cannot tell whether the cure is due to any given ingredient, or is to be referred to the Mineral Water considered as a whole. Dr. Struve inclines to the latter opinion. He observes, “ That no ingredient in a Mineral Water is indifferent : the least has its share in the general or collective action, how unimportant soever it may seem when considered alone.” Thus he found that the minute portion of silica in the Carlsbad Waters, rendered the iron less easily decomposable and modified its taste. But whether we adopt Dr. Struve’s view of the collective action of these Waters, or be disposed to regard certain ingredients as having a special and predominant influence upon the animal economy, we might be led to infer from

the changes brought about in the apparent functions, (which, be it observed, is by no means the same thing as the alterations effected by remedies in the internal occult organism,) that the mode of action of these Waters was not always the same. Yet, I repeat, those obvious and manifest phenomena, are effects very remote from the primary action of substances upon the mixed fluid and solid compound of the body. It is not needful, however, to pursue this subject further at present. Our business is to consider the ultimate beneficial action of Mineral Waters upon the general health, rather than the operations carried on in nature's secret laboratory. Regarding, therefore, any single Mineral Water as a remedy, we are to appreciate its efficacy as tested by observation and experience. And here we may safely adopt Rasori's arithmetical axiom, that "the real value of a remedy is directly, as the number of diseases cured by it, and inversely as the time required."

In reply to the mistaken notion that though Mineral Waters fail to do good, they can do no harm, we may oppose the oft-quoted maxim, "*Nil prodest quod non lædere potest idem;*" in truth, the results of ample experience prove the contrary, and were all other proof wanting, that great fallacy of considering the purgative action

of Mineral Waters as their only useful property, would be a sufficient answer.

It is astonishing how often not only the alterative and restorative action of the Waters is neutralized, but even positive harm done by the invincible obstinacy with which this practice is persevered in ; but though, when injudiciously employed, more harm than good may arise ; yet, when duly administered, it may be predicated of these Mineral Waters that they fulfil the conditions required by Asclepiades—“ *ut tuto ut celeriter ut jucunde curent.*”

Brighton has been judiciously selected as a proper place for your Establishment. The known salubrity of this celebrated maritime residence, the invigorating breezes from the sea, the splendid rides and promenades along the coast, the comforts, conveniences, and amusements afforded by it ; and, above all, the advantages of a dry temperate climate, warm sea bathing, tepid shower baths, douches, &c., (so useful as auxiliaries in a course of Mineral Waters) render this place highly suited to the purpose.

With all these advantages, however, strangers should be warned on their first coming, that a sudden change from London, or from the interior to the sea-side, is apt, in some constitutions, to give so decided an impulsions to the functions

of respiration, circulation, and nutrition, as to create disturbance.

A smart attack of what is understood by "bilious disorder," is by no means uncommon on first coming to Brighton, and is usually in the end salutary. The first effect of the Mineral Waters is also sometimes an aggravation of actual symptoms and a renewal of others ; people so affected, unless previously admonished of the influence of both causes, are likely to be deterred from proceeding with the course ; and some, who undertake their own cure, relinquish it altogether.

On these accounts, I am in the habit of recommending the delay of a few days before beginning the course. This interval is employed in a short preparatory treatment. After a fatiguing journey, in particular, a patient should not begin these Waters with too much precipitation ; a day or two of repose, and the use of the warm bath, should be enjoined. In persons of a robust plethoric habit, a moderate bleeding is sometimes useful. Where there is a bitter taste in the mouth, with a fulness of the hypochondria, a gentle emetic is indicated. And when the abdominal functions are sluggish, a mild purgative, repeated according to circumstances, will often render the action of the alterative and tonic

Waters more prompt and decided. A repetition of this mild purgative may now and then be required during the course; because the alterative Mineral Waters often confine the bowels at first, and it is not, till after a gradually augmented quantity has been taken for some time, that the evacuations become free and regular. When the bowels are confined, the advice of the practitioner, who directs the treatment, should be sought; for, let it be understood, that active and frequent purgation, either before or during the course, is condemned by experience; it is not only useless but absurd, unless a clear case of necessity be made out; weak people should avoid it, and those who suffer from visceral congestions should be exceedingly cautious in the use of drastics.

I come now to the consideration of those diseases which, according to my observation and experience, are most decidedly benefitted by the Artificial Mineral Waters. Among these, the diseases of the abdominal organs hold the first place. Many and various are the sources of disorder in the functions of these organs: they may be seriously disturbed by primary lesions of the cerebro-spinal system, and also by moral causes. These are not favourable cases for Mineral Waters; but, without doubt, the greater

part of the diseases of the abdominal organs, and the variety of nervous sympathies associated with them, rather have their origin in the organic and inferior, than in the moral and superior life of man.

The complicated system of organs contained in the abdomen, minister to two very important and antagonist functions in the animal economy, viz. the nutrition of the body on the one hand, and the elimination of what is superfluous and injurious on the other.

The maintenance of health depends not only upon a continual supply of newly organized matter, but also on the activity with which the old and decayed particles are expelled from the body.

The deficient or imperfect manner in which the latter function is performed, is a fruitful source of many chronic affections, particularly those of middle aged and elderly persons. Gout, gravel, rheumatism, habitual humid cough, asthma, hypochondriasis, hysteria, and many neuroses are probably much more owing to the retention within the system of effete and recrementitious principles, than to the introduction of any unas-similable matter from without.

According to the received opinions of the best physiologists, the secretion of bile from the blood, seems to be as much intended for the extrication

of its superabundant carbon, as for the process of chylification ; and from the highly azotized constituents of urine, it is apparent that the kidneys perform the function of liberating the blood from its superfluous nitrogen. Both the liver and kidneys separate the crystalline matter which is produced by changes in the blood during circulation, which, with the other principles named, is highly deleterious if retained.

Now Mineral Waters have in all times been celebrated as excellent means of restoring the energetic action of these organs, which they do, probably in a more direct manner, than is commonly supposed. The very rapid expulsion, by urine, of substances taken into the stomach, is well known. There is reason to believe also that most of the substances absorbed from the intestinal surface, which have no part in the composition of chyle, are taken up by the mesenteric veins ; and, by the union of all these in the trunk of the *vena portae*, the blood which has received these substances is submitted to the action of the liver, before being returned to the heart. It is likewise the opinion of some physiologists, that there is an actual exchange of ingredients between the blood and chyle in the lymphatic glands ; in which case the materials taken up by the lacteals would be similarly treated. Thus the blood

of the *vena portae*, though its vitality on the one hand, is exposed to direct accidents from the absorption of deleterious principles, on the other, becomes the means of conveying medicinal substances to the diseased organs.

Many examples of chronic disease appear to depend upon the condition of the circulation, in the *vena portae* system, as well as upon the dyscrasia of the blood, and the derangement of organic functions produced by it. The circulation of the blood in the abdomen, is liable to more impediments than elsewhere. Congestion, from various causes, mechanical and dynamical, takes place not only in the capillaries, but in the large veins. These vessels are unsupported by muscles, they have no valves, and their coats are thin. Hence they are easily distended, especially those about the lower part of the intestinal canal, the bladder, and uterus. Thus many painful affections of the stomach and bowels, many cases of difficult digestion, epigastric pulsation, anxiety, oppression at the præcordia, palpitations, flatulence, distension, constipation, and many embarrassments in the functions of the bladder and uterus, are relieved by a spontaneous discharge of blood from the hemorrhoidal vessels, uterus, or nose; or by the abstraction of blood by artificial means.

In such cases, the use of the Ems, Carlsbad, or Marienbad Waters is of the greatest benefit ; but it is not a matter of indifference which of them is prescribed ; or whether it might not be better to combine them ; which power of combination is an advantage of the greatest importance in this establishment.

Long continued habitual costiveness is greatly relieved by these Waters ; and may, generally, be wholly corrected by resorting to the use of them for two or three seasons. Many people are plagued for the greater part of their lives with this disorder, and the evil is seldom permanently removed by the ordinary means. Laxatives as well as purgatives act only on the day they are taken, and afterwards the bowels remain as obstinately confined, as before. In order to ensure, as much as possible, the successful treatment of habitual constipation, we should endeavour to ascertain what are the conditions on which it depends. We should then be able, if required, to employ such other appropriate remedies, as would assist the action of the Waters. Constipation may depend on deficient exhalation into the small intestines, or on too little mucous secretion in the large, to allow their contents to be easily propelled. The bile which should promote evacuation, may be inert, deficient in

quantity, or vitiated in quality. The peristaltic action itself may be perverted, and have a tendency to retrograde rather than propel onwards ; or be irregular, and give rise to spasm. The bowels may become torpid from sedentary habits, when the abdominal muscles are not roused into energetic action by bodily exercise and a more vigorous and expanded respiration. The large intestines, also, are apt to have their excitability seriously lessened by the injudicious and constant use of strong purgatives. They may become likewise, if suffered to be over-loaded and distended, too weak to urge their contents upwards from the cœcum to the arch of the colon ; or to dislodge them from the sigmoid flexure.

According to the indication present, we shall be directed in the means of cure ; but, as a general proposition, it may be stated, that a course of these Mineral Waters, conjoined with other appropriate means, will rarely fail to afford great benefit.

Obstinate chronic affections and enlargements of the liver and spleen, arising from long residence in hot climates or aguish districts, are among those which, from the many cures performed, have most contributed to the reputation of your establishment. Gout has at all times been so signally benefitted by Thermal Springs, that it

needs no other particular mention, than the caution not to employ them while an inflammatory diathesis predominates.

Calculous and gravelly disorders, and some other affections of the urinary passages (which, like gout, are associated with and often allied to many of the abdominal diseases before-mentioned) are much relieved by Mineral Waters, particularly those containing carbonate of soda, as Ems, Carlsbad, Fachingen, &c. Besides passing rapidly through the urinary organs, these Waters have a decided diuretic effect, their action being often less observed soon after they are taken, than towards and during the night ; and the activity of the function of the kidneys alone, without any observable co-operation in the other excernent organs, being sometimes sufficient to restore persons to health.

The value of these Mineral Waters in the treatment of disorders of the sexual system, (which constitute so large a proportion of the sufferings of females,) is only second in importance to their acknowledged utility in diseases of organs subservient to the nutrition of the body.

Examples of the cure of chlorosis by the Chalybeate Waters of Eger, Spa, and Pyrmont are numerous ; whether the obstruction depended upon retarded developement, or upon suppression of the catamenia, or upon imperfect sanguification,

or loss of blood, or debility induced by other causes. Steel is a sovereign remedy in these cases, and in the form of Mineral Water it is astonishing how long persons of a weak phlegmatic temperament may take it with advantage. Cheyne, in his account of the nature and quality of Bath Waters, relates of Sydenham, that when a lady of a low, hysteric, and weak constitution asked him how long she might safely take steel, his answer was—"that she might safely take it for thirty years, and then begin again if she continued ill."

For the above cases of chlorosis and amenorrhoea, the Chalybeate Waters are sometimes exhibited alone, and sometimes mixed with Ems or Kissingen, according to the temperament and circumstances of the individual. But there are other derangements of the uterine functions, (attended with far more suffering and distress, and which are far more difficult to treat in the ordinary way,) that are sometimes wholly removed, and, as far as my experience goes, always relieved by one or other of these Waters, or by some combination of them. Under this head are comprised, cases of irritable uterus, menorrhagia or a profuse flow, both active and passive, and dysmenorrhoea, (either with excess or deficiency as to quantity,) but where the appearances

are not natural, and where severe pain is a constant attendant. Each of these states is often associated with intercurrent *fluor albus*, and all are liable to induce various neuro-pathic symptoms ; such as intolerable heavy pain on the top of the head ; or on one side of it only, when it is of a more acute character ; or pain in a circumscribed spot, as if a nail were driven in, called the *clavus hystericus*. Sometimes these sympathetic affections have their seat in other parts of the body. Thus an acute lancinating pain of the side (usually the left) is one of the most unmanageable. Pain also in one of the hips, giving rise to a suspicion of hip disease, and many other symptoms may occur, affecting the head, chest, abdomen, or the whole body, such as vertigo, palpitations, great flatulence, alternations of heat and cold, together with all that excitability and mobility of mind and body summed up under the term “ hysterical nervousness.”

When the pain of dysmenorrhoea precedes or ushers in the period, I have always found it necessary to call in the assistance of other remedies ; nevertheless, I can confidently recommend the Kissingen Ragozzi, or a combination of this with Ems, and the daily use of the tepid bath, as mainly contributing to remove the diathesis upon which this state of things depends. In

treating dysmenorrhœa, however, it should be borne in mind, that though it may occasionally be a neurosis in a purely nervous temperament, yet it much oftener depends upon inflammatory action in various degrees (from simple overcharge of blood, to actual changes in the composition of it, and of the organic tissues) ; and that when of a chronic character, it is liable to exacerbation at each periodical recurrence of uterine function, there being, then, a natural tendency to congestion.

When pain, on the other hand, follows the cessation of the period—accompanied, as it often is, by intense head-ache, bearing-down pains, aching in the back, hips, and legs, and now and then by a slight coloured discharge—the case becomes very troublesome, and frequently resists all kinds of treatment.

The Mineral Waters, most remarkable for their emmenagogue properties, have already been stated to be the Ems, the Kissingen, and the Chalybeate Waters of Eger, Spa, and Pyrmont. The Carlsbad and Marienbad Springs are not, properly speaking, emmenagogue ; but they are potentially so, by promoting the periodical evacuation, when it has been suppressed by previous illness. They then act by removing the general morbid cause, and thus allowing the natural function to take place. It is, therefore, only in cases where an

obstruction of this kind is a consequence, and not a cause, of disease, that these waters are to be recommended.

The diseases of the chest are commonly of a more acute and dangerous character, than those of the abdomen, which have hitherto been under consideration ; they, therefore, do not present any thing like the same proportion of cases for treatment by the Mineral Waters. The debility, however, and the deteriorated state of the general health left by them, are probably more speedily and permanently improved and renovated by a judicious combination of the tonic and alterative waters, than by any other process of cure ; especially if they be taken during the summer season. I consider it a matter of importance that the condition just named, should be attended to. Diseases of the lungs, induced by the inclemency of winter, have a spontaneous tendency to cure during the warmth of summer—an observation made by Hippocrates—and which should be taken advantage of in the treatment. A long residence in Italy has enabled me to give some extension to this observation. I had found, by sad experience, that a removal from the British Islands to Italy, merely for the winter, was only exchanging a great evil for another not much less : at best, it was but a negative advantage. The winters in the

south of Italy, it is true, are much shorter than ours, but they are scarcely less severe while they last, and are often more dangerous. A cold penetrating wind and a scorching sun are not without peril to those who are well: they are formidable to pulmonary invalids. The north and north-east winds (called "*tramontana*" and "*greco*" by the natives,) when they descend with violence from mountains covered with snow, are far more piercing than any north-east blast in England, in the month of March. On these accounts, I was in the habit of directing young persons—who had been sent out to escape the winter of our own climate, before the symptoms of confirmed phthisis had shown themselves—to take up their abode, for one or two summers, in some part of Italy; and I have much pleasure in stating the general results of this plan to have been most satisfactory. During a long Italian summer, the action of a high temperature upon the skin, and the respiration of warm air, confer positive benefit upon debilitated lungs. The injuries inflicted by the inflammatory diseases of winter and spring are gradually repaired; and the process of restoration goes on, uninterruptedly, till the structure is freed of all impediments to its functions, and re-acquires the faculty of self-preservation for the future. This, I believe,

is the true explanation of the infrequency of chronic diseases, of the different textures of the pulmonary apparatus, in the the south of Italy, as compared with Great Britain. An objection is frequently made to the relaxing effect of an Italian summer ; but it is not valid, and may by care be avoided. People do not die of relaxation ; but there is some risk of it from diseased lungs.

But to return from this digression, to those affections of the chest, in which Artificial Mineral Waters may be of service. Persons who have suffered from repeated attacks of chronic bronchitis ; those affected with habitual cough and profuse mucous expectoration (whether this depend upon passive congestion or a pituitous dyscrasia) ; and those who are subject to attacks of humid asthma, without any complication of heart disease, commonly derive much benefit from the Ems Waters ; which may sometimes be conveniently mixed with Marienbad, when a mild purgative action is required ; or with one of the Chalybeate Waters, when a more tonic treatment is indicated.

In many diseases of the nervous system (especially those of the nerves of sensation, called “neuralgia, tic douloureux, &c.’”) and in some cutaneous affections, these waters have earned a good reputation ; but in a short memoir, like the present, there is not space to enumerate them,

I cannot, however, omit to mention the advantages to be derived from the Obersalzbrunnen, the Saratoga, and the Chalybeate Waters joined to warm sea-bathing and sea-air, in the treatment of the scrofulous affections of children.

Before proceeding to the detail of particular cases, I would premise a few general remarks upon some diseases and some states of the constitution, in which these Waters ought not to be administered ; and subjoin a few hints upon the mode of employing them.

“ It has been too much the custom,” observes Hoffmann, “ to make Mineral Waters a last resource in the cure of chronic diseases, after all other remedies have failed ; when, it is probable, the viscera having so long laboured under inveterate disease, are not sound or free from change of structure.” The public, therefore, should be cautioned against an indiscriminate or empirical use of these Waters ; instances of which occur every year, alike injurious to the health of those who thus imprudently take them, and the reputation of the establishment. They are not only inapplicable but positively injurious, when strong inflammatory action is present in any important organ. They increase the colliquative symptoms in phthisis, tabes mesenterica, &c. Their utility is not only doubtful, but their use may be attended

with danger, in plethoric persons having a tendency to sanguineous congestion in the head, chest, or abdomen. They are contra-indicated in suppurative diseases, and in all cases where there are morbid alterations of structure ; particularly of a carcinomatous nature.

But apart from these palpably adverse circumstances, it sometimes happens, as with all other remedies, that the Mineral Waters fail, even when opportunely administered. This may be owing to the peculiar temperament or idiosyncrasy of the individual ; or to the neglect of diet and regimen ; or to an error in the choice of the water, and the quantity taken ; and not unfrequently to the popular prejudice in favour of a mere purgative action of these Waters. Occasionally, however, there are cases of apparent failure, which, in the end, prove complete cures ; instances of the beneficial after-effects occur frequently ; and many, who departed unsatisfied, have returned with alacrity.

Some prudence is requisite in prescribing the Carlsbad Waters. The Sprudel can very seldom be exhibited at the beginning of the course. If much abdominal obstruction be present, it may cause no inconsiderable evolution of morbid heat internally ; and it is apt, by the expansive action of its caloric, to occasion congestion in the head

and chest, and give rise to head-ache, vertigo, and palpitations.

The combination of hot and cold Waters requires discretion. It is often highly advantageous to mix the Ems and Carlsbad with the Tonic Waters, but their action should be carefully watched.

Some preparation is generally required before having recourse to the Chalybeate Waters. This is particularly necessary with the Pyrmont. An alterative and evacuant treatment is mostly advisable, unless after great loss of blood, or when debility has been induced by other exhausting evacuations. The Pyrmont is highly beneficial in phlegmatic and relaxed, and in purely nervous and asthenic habits. While taking it, constipation should be prevented by an occasional dose of one of the aperient waters—Seidschütz or Püllna; and warm weak fluids should be avoided. A sedentary life, likewise, must be carefully shunned; moderate and suitable exercise should be taken, as much as possible, in the open air.

Some errors prevail among Water drinkers as to the amount of exercise required whilst drinking. The principle is, gentle exercise, proportioned to the strength of the individual, not prolonged to the extent of inducing fatigue, but alternated, if

necessary, with repose. Some persons think they fulfil the instructions given, by continual fast walking. This not only does not favour the action of the Waters, but is apt to produce fatigue at the time, and to cause a feeling of languor and exhaustion, for the whole of the day afterwards. In certain cases, where it is desirable the Waters should pass, as much as possible by the urinary passages, this purpose is best answered, if the patient sit still, lie in bed, or on a couch; but, if it be intended they should act upon all the excretory functions, then, gentle motion and exercise promote that general intention.

The rules of diet and regimen should be laid down clearly and explicitly. Patients are apt to make continual attempts, to escape from the restrictions imposed upon diet. The most refractory are sure to taunt the physician, if they can violate his rules with impunity; and as sure to conceal their transgressions, if the consequences be not so severe as to extort a confession. A scrupulous attention to the instructions of his physician, is the safest course for the patient. With regard to diet and regimen, he should remember, that the rules laid down are based upon sound principles, deduced from the experience of ages; and that an occasional exception does not invalidate the necessity of observing them.

I shall now proceed to give the particulars of several carefully selected cases. It would not be difficult to give a large average in support of the utility of factitious Mineral Waters, but the experience of so many years renders that unnecessary. Neither would it be difficult to present an epitome of remarkable cases ; but, I conceive, it is more useful to exhibit examples of the cure of ordinary diseases, under various aspects, which have been refractory under ordinary treatment.

CASE I.

Mr. F——, a young man about twenty-five years of age, of a swarthy complexion, with dark hair, had been ailing for two years. At length he came down to Brighton, by the advice of his medical attendant, whose skill, ingenuity, and patience had been sorely tried, as well by the intractable nature of this gentleman's malady as by his discontent and irritable temper. He had heard of the German Waters, and being eager to adopt a new plan of treatment, he consulted me in the summer of 1835. I found him incredibly anxious and alarmed about his health ; restless, disheartened, and without confidence in any plan of cure. The conjunctiva had a yellowish tinge ; the tongue was clean at the tip and edges ; an

urgent craving for food demanded frequent satisfaction, and was as frequently followed by distention and distressing uneasiness, but without pain. After a while eructations succeeded, sometimes sour, sometimes nidorous, and great flatulence. The bowels rarely acted without the aid of medicine, yet the action of purgatives induced so much depression of pulse, and sensation of sinking about the præcordia, that he continued for hours under an apprehension of fainting. He often complained of pain between the shoulders; sometimes of throbbing pain at the back of the head. He rested badly—what sleep he obtained was often disturbed by unquiet dreams, or by palpitations; pulse variable; dejections variegated—occasionally yeasty; urine sometimes copious and pale—sometimes scanty and high-coloured, imparting a saffron tinge to the linen—it yielded an acid re-action, and now and then deposited a lateritious sediment. I detected both fulness and resistance of the epigastrium and right side; but he did not flinch under pressure; neither did he complain of tenderness any where in the abdomen; but said, the examination gave him uneasiness and distress. Warm drinks, according to his report, increased the uneasy feelings: I, therefore, prescribed the Marienbad Kreuzbrunnen. During the first week he endured more than usual pain of head,

restlessness, and distention of the abdomen. It was difficult to procure any evacuation from the bowels. To effect this, it was necessary to administer sea-water lavements daily ; and to give pills of rhubarb, soda, and taraxacum. He was not easily persuaded to persevere ; but this obstruction once fairly overcome, he began to amend.

At the end of the second week, he could bear a great increase in the quantity of the Water. The bowels now acted several times daily, not only without a sense of depression, but with decided relief. The evacuations exhibited all varieties of appearance, as to colour, but were generally watery.

From this time his recovery proceeded rapidly and uninterruptedly ; and I had the pleasure of a visit from him last summer, on his way to France, to announce to me that he had remained quite well since taking the Waters.

CASE II.

The subject of the following history, was a man of middle age, of a relaxed habit, of high mental endowments, and a dabbler in medicine. He had long been a valetudinarian. After having been thoroughly drugged, he made a tour of the watering places, not only without benefit, but his

complaints became gradually more complicated. Finally he came to Brighton, in 1837 ; and, by his *motu proprio*, took the Carlsbad Waters.

Being an adept in the mysteries of blue pills and black doses, he disregarded the alterative and deobstruent properties of these Waters, and considered a purging quality their only virtue.

For this purpose, he had taken enough Carlsbad salts each morning, to procure several evacuations daily. This plan disagreed with him. He became weaker, lost flesh, and his complaints were in no wise relieved. He now applied to me, and was advised to suspend the course for a while, and to adopt a slight tonic and alterative plan in the interval. He was, at this time, thin, sallow, failing in strength, and dejected in mind. His digestion was slow, difficult, and sometimes painful ; causing heartburn, flatulent colic, fullness and tension of the abdomen. He had been for many years afflicted with hemorrhoids. He often voided a large quantity of concrete mucous from the bowels : was constantly hawking to dislodge and expel a viscid secretion which adhered to the fauces. In the morning he coughed and expectorated a good deal, and occasionally vomited a copious slimy mucous.

When he was sufficiently recruited to resume the Waters, he took equal parts of Carlsbad

Mühlbrunnen and Marienbad. The quantity was regulated by his sensations: all uneasiness and distention being carefully avoided. Constipation was prevented by injections of tepid sea-water daily. A strict but nourishing diet was prescribed, with moderate horse exercise.

A month of this treatment produced an amelioration in the natural functions. His flesh and strength returned perceptibly. After pursuing the same treatment for a fortnight longer, (finishing, each morning, with two beakers of Pyrmont) he recovered his health and spirits, and was, according to his own report, better than he had been for years.

CASE III.

A lady who had reached what may be called the transition period of life, had long been sorely vexed with distressing but variable symptoms; the foundation of which, was a most susceptible nervous temperament, irritated by abdominal congestion, and consequent vitiated secretions. For many years, antecedent to this time, the catamenia had been regular, but scanty, and attended with much pain. Of late the quantity had been in excess, and the periods irregular. Each occurrence now left her, for a day or two,

with severe oppressive pain on the top of the head.

She was subject to what are called “bilious attacks,” which demanded repeated cathartics, and were only at last relieved by the discharge of very tenacious fæces—sometimes of a light clay colour, at others as dark as pitch—the expulsion of which, always required considerable efforts. Whilst these matters were in *transitu*, the symptoms were not always similar. At one time the most distressing giddiness would occur, so that she could not be convinced she was safe from falling, without some one holding her. At another, head-ache and vomiting happened. Several times for days, and once in Dublin for weeks—before the indication was understood—she suffered acute neuralgia of the right arm, about the insertion of the deltoid muscle. One form of seizure was excessive distention of the abdomen, which was in no degree relieved by enormous and frequent discharges of flatus, but was usually attended with palpitations, flushes of heat, and sometimes severe colic. On all these occasions, the tumult subsided, as soon as an evacuation of the kind mentioned, could be procured. The more speedily this was effected the sooner was she released from her suffering; but it often required various remedies,

and several repetitions of them, before the desired effect could be obtained.

This lady took the Carlsbad Waters in 1835, with great benefit, and remained for several months without any violent attack.—I believe she would have derived more permanent benefit on this occasion, had she not been exposed to recurrences of passive menorrhagia.—On this account, a re-establishment of health could only be looked for, after the catamenia had ceased, and time had been afforded to the constitution, to adjust itself to its altered condition. The cessation of this function took place in about a twelvemonth after leaving Brighton. In the summer of 1837, she made a second trial of the Mineral Waters with complete success; for though she repeated it the following year, it was more from choice than necessity, as her health was then good, and has continued so since.

The archives of your Institution abound in examples of the cure of tic douloureux and other severe neuralgic affections. The case of the Rev. Mr. Hutchinson—a good specimen by the way, of autonosography—is well known to the public. I may also refer to the case of Mr. Henry Atkins, which appeared in the Medical Gazette, May 18th, 1839. But I am induced to bring forward the two following, on

account of their obvious connexion with abdominal disorder.

CASE IV.

Miss L——, a single woman, who had passed the meridian of life, consulted me in the summer of 1838. She had been suffering from severe neuralgia of the right side of the face for five or six months. The paroxysms occurred commonly more than once a day, but at uncertain intervals. The duration of the complaint, and the intensity of pain, had greatly impaired her health. Her countenance was expressive of anguish, agitation, and alarm. Her complexion was sallow; tongue foul; breath fetid; appetite uncertain; bowels habitually costive. All her meals gave her indescribable uneasiness, but not pain. She was never free from a sense of weight and aching across the loins, and low down in the abdomen. On examination, great fulness and hardness prevailed generally, but particularly in the iliac regions. Percussion yielded a dull sound in both these places; and repeated along the course of the colon, in some places, a clear, in others, a dull sound was given out, according to the gaseous, or solid contents of the intestine. Suspecting that the bowels were filled with a load

of accumulated impurities, I was aware, (in consideration of the severe sympathetic affection which existed,) that an attempt to clear them out hastily, might be attended with risk; I therefore effected my purpose gradually, by means that might excite as little disturbance as possible.

It would exceed the belief of persons, unaccustomed to clinical facts, that human bowels could contain so much horrid stuff, as was discharged by this patient in the course of a fortnight. In the beginning, every considerable action of the bowels threw her into violent agitation, followed by great pain, and attended with palpitations, flushes of heat succeeded by cold sweats, and a tendency to fainting. The exhibition of purgatives, therefore, required great caution. It was necessary to give them in small doses, frequently repeated, and to modify their action by camphor, valerian, asafoetida, castor, and, occasionally by the sedative influence of hyoscyamus, and even opium. Lavements of sea water, daily—sometimes with the addition of castor oil, camphor, and asafoetida—were useful auxiliaries. Turpentine was tried, but it affected the head violently, and produced convulsions, so that it was not repeated.

After this Augean labour was completed, my patient was certainly in many respects better and more comfortable, but the face-ache was not removed ; the attacks, though less frequent, were not less severe. I resolved, therefore, to put her under a course of the Carlsbad Waters. She began with two beakers of the Mühlbrunnen, being instructed to add a teaspoonful of Carlsbad salts, as often as necessary, so as to keep the bowels free, without purging. After three days, as she bore the Waters well, she was directed to increase the dose gradually, from two to six beakers. She persevered in this manner, for one month, with the happy result of improved appetite, strength, and general health, but with little amendment in the severity of the paroxysms of pain ; though she, now and then, passed whole days without an attack. Encouraged by the benefit already obtained, she was induced to prolong the course for another month ; in which time, I hoped the remains of her malady might be subdued. In this expectation I was not disappointed. Her health improved daily. The paroxysms became less and less severe ; were of shorter duration and recurred at longer intervals ; till at the end of seven weeks, from beginning the Waters, they finally left her.

CASE V.

A younger sister of the subject of the last observation, applied to me in the month of August, 1839, complaining of agonizing face-ache in one spot of the right cheek, corresponding to the infra orbital foramen. She had been labouring for some time under symptoms of hepatic derangement. The Carlsbad Waters, in this instance, seemed to operate a cure, by one of those crises so often mentioned by writers on Mineral Waters, viz. Hoffmann, Becher, Marcand, Kreysig, &c., but which I have not met with as frequently as I had anticipated. After three weeks' continuance of these Waters—not only without relief, but with an aggravation of her sufferings, and much disturbance of the general health, to wit, feverishness, head-ache, pains of the limbs, lassitude, and depression—she was at length seized with an attack of cholera morbus, attended with severe cramps, and an abundant discharge of bile both ways. When she recovered from this attack, it was found that her tic douloureux had left her.

About the same time, a lady, who had long suffered from liver complaints and hemorrhoidal affections, and who was likewise taking the Carlsbad Waters, obtained great relief from a similar

attack of cholera morbus. In neither instance did the disease depend upon error of diet, nor did it prevail at that season that I could hear of.

CASE VI.

The following case was transferred to my care by an eminent London practitioner, (Mr. Hammerton,) in order that the German Waters might be carefully administered. The efficacy of the Ems Kesselbrunnen in nephritic affections, and in accelerating convalescence, is hereby well illustrated.

The patient, by Mr. Hammerton's account, had been out of health for a long time; suffering from hemorrhoids, dysmenorrhœa, and irritation of the kidneys, accompanied with *ardor urinae*, and an abundant formation of uric acid.

An attack of severe pain of the loins, with a sense of weight and fulness, much aggravated by exercise on foot or in a carriage, was the principal ailment when she came under Mr. H.'s care. On examination he discovered considerable fulness of the soft parts of the loins, and extreme tenderness, on pressure, of the spinous processes of the *lumbar vertebræ*. These symptoms were greatly relieved by cupping, warm baths, absolute rest, and the administration of mild purgatives;

while the unhealthy characters of the urine were much improved by alkalis and small doses of *vinum colchici*. The inflammatory symptoms having been subdued by this judicious treatment, it was thought the cure might be more expeditiously completed by the Mineral Waters.

When the patient arrived at Brighton, there was still pain in the back, and much motion increased it. Slight feverishness occurred towards night; the bowels were sluggish; and the urine was very sparingly secreted.

Considering the complication of hemorrhoids and disordered sexual function with the nephritic affection, I prescribed the Ems Kesselbrunnen as most likely to fulfil all the indications present. Warm baths, also, were ordered daily.

At the end of one week the amendment was considerable. The pain of the back had ceased; urine was secreted abundantly; and she was able to take exercise freely, either walking or in a carriage. The convalescence, in a word, proceeded rapidly, and the next period passed over with very little pain.

CASE VII.

A. B——, an unmarried lady, about twenty-eight years of age, of dark complexion and spare

habit, and of a highly nervous temperament, had suffered from dysmenorrhœa for many years. The pain lasted throughout the period, but became most severe some days after its cessation, so that she was forced to confine herself to the couch till after it had subsided. This pain was increased both by passing water, and by the action of the bowels. Head-ache was associated with this state of things, and a slight discoloured discharge also took place, though she was entirely free from *fluor albus* in intervals. In other respects, this periodical function was regularly performed.

Various modes of treatment, anti-phlogistic and sedative, had been prescribed by very competent persons. At one time I conceived hopes of effecting a cure, by hydriodate of quinine, and by injections composed of acetate of lead, acetate of morphia, and belladonna in distilled water ; but the relief obtained, was not permanent, and this plan failed as others had before. I therefore recommended a trial of the Kissingen and Ems in combination, warm sea-baths daily, and a douche, over the loins and abdomen, three times a week.

She persevered in this plan for two months, and obtained so much alleviation of her usual attacks of after-pain, as to be able to pass through the

ensuing winter with tolerable comfort. The following year she repeated the same plan of cure with the best results. Some time afterwards she was threatened with a return of pain, and being on the continent, she repaired to Kissingen by my advice, whence she wrote me word, that the use of the natural Waters, internally and externally, had entirely relieved her.

These cases have been selected out of a great number, as specimens of the efficacy of Artificial Mineral Waters as *therapeutic agents*, where the ordinary treatment had been difficult and tedious, or had failed in its object. They are cases, it will be observed, of frequent occurrence in medical practice, and have been preferred before others of greater rarity, because it is an object to point out these Waters as highly useful as well as agreeable remedies, and not to set forth any extravagant pretensions in their favour.

I have the honour to be,

Sir,

Your obedient Servant,

G. S. JENKS, M.D.

9, Bedford Square, Brighton,

10th of July, 1840.

